

In the past 17 years Kentwood has had four 15'+ and seven 14'+ males as well as ten 11'+ females and three 12footers including 2013 MSU school record holder Amanda Impellezzeri (13'3.5"). Over the years Falcon Vault Camps and Clinics have helped many Kentwood and non-Kentwood athletes achieve state and national recognition. EK would like to share its proven vaulting techniques with you.



This clinic will be setup to meet the needs of every level vaulter, from the state champ to the first timer. We will group the clinic by ability to provide the best possible experience for all. We will also help with pole selection for the upcoming season.

COACHES!!! Do you have some athletes who are interested in being vaulters? This is a great opportunity to get them excited about the sport. This Clinic provides an opportunity to start your season with a positive vault experience and get perspective on what it takes to achieve your goals. This is also an excellent opportunity to learn the latest training techniques.

ATHLETES!!!

Find out what it takes to break through this year.

- Drills with and without pit
- Gymnastics specific to PV
- Safety
- Individual Instruction and critique from an excellent coaching staff
- Video Analysis
- Pool Vaulting

What to bring? Poles, light snack, helmet(optional), Running shoes, sweats (we may go outside weather permitting), water bottle, swimsuit (one piece) and towel.

Any questions please email Coach David Emeott at: david.emeott@kentwoodps.org

